

# How Can You Reduce Hand Flapping in Autistic Children?



Before we talk about decreasing hand flapping, let's recap what autism spectrum disorder entails.

ASD is a developmental disorder that consists of:

- Verbal and nonverbal communication struggles
- Social challenges
- Restricted behaviors and interests
- Repetitive movements like flapping the hands, jumping up and down, and spinning around

By recognizing these signs, families can seek treatment and gain strategies for reducing stimming behaviors. Here are some tips for parents to help their children address movements like hand flapping:

- Schedule a medical exam to rule out physical causes of stimming, which may include ear infections or migraines.
- Help your child manage their sensory environment and emotional well-being.
- Encourage a healthy level of physical activity, which can release endorphins and lessen the desire to stim.
- Continue interacting with the child while they flap their hands. This can reduce stress and decrease the urge to stim.

Please remember that autistic children use hand flapping, spinning, and jumping as coping mechanisms. These behaviors can help kids with ASD manage stress or anxiety, which is often linked to a serotonin imbalance in the brain.

The connection between serotonin and hand flapping is pivotal. Autistic children tend to express repetitive behaviors as a result of low serotonin levels. Understanding that stimming may result from a serotonin deficiency can help parents build empathy and deepen their understanding of ASD.

Read more about [autism flapping hands](#).